

Healthy Kansas Minute Radio Interview – Skin Cancer Awareness Month

Joe: This is the Healthy Kansas Minute. I'm Joe Blubaugh, and with me is Patrice O'Hara, Cancer Program Manager with the Kansas Department of Health and Environment.

May is Skin Cancer Awareness Month, and skin cancer rates are on the rise.

Patrice: Skin cancer rates have increased enough in the past 30 years to give it the distinction of being the most common cancer in the United States. In fact, one in five Americans including one in three Caucasians will develop skin cancer in the course of their lifetime.

Joe: What can people do to protect themselves?

Patrice: Skin cancer can be prevented by limiting exposure to the sun, wearing protective clothing like wide-brimmed hats and by applying sunscreen everyday, even when it is cloudy.

Children are especially vulnerable. Just one blistering sunburn in childhood more than doubles a person's chances of developing melanoma, the most deadly form of skin cancer, later in life.

Joe: Thank you, Patrice. To learn more about skin cancer, please visit www.cancerkansas.org. This has been the Healthy Kansas Minute!